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Celebrating our 45th year

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WINTER'S GRACE

Every day of your life is a gift from God. Don't squander it. Don't waste it by being angry with anyone. Don't let it slip away by feeling sorry for yourself. Instead, be grateful for this precious gift of life and spend it by being as happy and thankful as you possibly can. "In everything give thanks; for this is the will of God in Christ Jesus for you." (1 Thes 5:18).

Let your mind dwell on the good things which have happened to you. "Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is anything trustworthy – meditate on these things." (Phil. 4:8). Let gratitude be your attitude.

Think on your spiritual assets, and don't let anyone else (Satan, demon, friend or foe) spoil your day for you. Enjoy every day of your life to the fullest. Realize that you can add to the joy of each day by making someone else happy. Every day will then be God's day for you. "This is the day which the Lord has made; we will rejoice and be glad in it." (Psalm 118:24).

The kind of prayer that helps you get into a peaceful, grateful attitude might be something like this:

"O God, help me to be grateful for being alive right now. Help me to realize that no matter what my problem may be, there is life, there is hope. Help me to think positively and to realize that thousands of miracles are happening every day. Help me to pray and help me to remember the times when prayer brought me peace. Let me be a listener and not self-centered. Help me to realize that if I get my mind occupied by helping and cheering up other people, I will be healthier than if I were always checking my own pulse. Help me to look for the good in everyone I meet. Let me realize that I cannot change anybody's way of thinking. Only by doing the best I can and setting a good example may I influence someone to change his or her behavior. Help me to understand that other people

(Continued on Page 51, Col. 1)

When decisions must be made
On conflict-laden days,
God give me wisdom, faith and strength
To seek the gentle ways.

MAKE CHOICES 1998

A professor used to say in class: "Make a list of all the things for which you are willing to be shot at 5 o'clock tomorrow morning." He added that "generally it will be a very short list; but when you have completed it, you will find in that list the things for which you ought to live – things that will produce the ultimate satisfaction in life."

If you were asked, what things would you put on your list that you would be willing to die for. Christ and His church? Your family? Maybe your country or a really close friend? That is probably about as far as most lists go. Would you die for your job? No, a job is not that important. Would you die for a hobby or a computer? Of course not.

Yet everyone knows a person who is sacrificing his family and his own hopes of eternal life for a hobby – golf, hunting, TV watching. There are men and women who are even in danger of losing their families eternally because they are placing a job ahead of everything else. And there are people who are trading a home in the hereafter for a gadget right now.

In the famous Charles Dickens classic "A Christmas Carol," Ebenezer Scrooge is shown the happy home, children, and loving wife he gave up in order to be successful in business. In the process he had become a lonely, bitter old man, but, as those familiar with the story know, he realized his mistake before it was too late and became a better man.

At the beginning of the New Year many of us make resolutions or choices to better our life in some way. Life is a series of choices, but we do not always realize what we are selling or giving up to get our desire until it is too late.

Consider carefully what things are most important to you, and especially what will

(Continued on Page 51, Col. 1)

SPIT ON HIM

Many people are surprised to hear the words: "Spit on him" in church during the Baptism Service. They are also surprised to see the priest breathe upon the one to be baptized. Why are these odd things done?

In the early Church all candidates for baptism were believed to be subject to the power of the devil. In order to cast out the devil and release the person from the influence of Satan, the Church composed prayers of exorcism following the example of our Lord, who cast out the demons and had given this power to the apostles.

Frequent exorcisms were said over the catechumen to help him put off the old self. The priest calls upon our Lord and Master, Who created man in His own image and likeness, to "deliver this Thy creature from the bondage of the Enemy and receive him (her) into Thy heavenly kingdom."

A guardian angel is assigned to the baptismal candidate. This "angel of light" will rescue the individual throughout his or her lifetime "from every snare and encounter with the Evil One and from evil imaginings."

Then the priest breathes several times on the one to be baptized and with each of these breaths he says the prayer: "Drive out from him (her), O Lord every evil and unclean spirit that lies concealed and is making its lair within his (her) heart.)

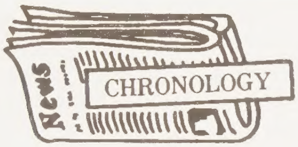
As the prayers of exorcism continue, the spirit of deceit, wickedness, idolatry, insatiable greed, lying, and even impurity is attributed to "the prompting of the devil."

Christ is asked to "make of this creature a spiritual lamb of the holy flock ... a worthy member of Thy Church, a son (daughter) and heir to Thy Kingdom." With the help of Our Lord, the baptized one will be able to live according to the commandments of God and to preserve without stain the baptismal robe, and to ultimately attain the heavenly kingdom in the company of the Saints.

The catechumen or sponsor for him will

(Continued on Page 51, Col. 1)

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JANUARY 1998

DATES TO HELP YOU PLAN AHEAD:
Great Lent Begins - March 2
Sunday of Orthodoxy - March 8
Orthodox Palm Sunday - April 12
Western Easter - April 12
Orthodox Easter/Pascha - April 19
Ascension - May 28
Pentecost - June 7

VIDEOS OF THE CARPATHIAN TOUR 1997 are available for $65 for 4 two-hour tapes. Please send in your request by Feb. 1 to PO Box 9, Hunlock Creek, PA 18621. We will forward your order to George Sinitsky.

SUPER BOWL SUNDAY is celebrated in some parishes by having teens stand in the back of the church with a soup pot. Money collected is sent to a soup kitchen.

THIS IS YEAR 7506.

"REMEMBER ME O LORD when You come into Thy Kingdom... Give rest O Lord to Your handmaiden who has fallen asleep... The choir of saints have found the well-spring of life, and the door of paradise." This Orthodox hymn, sung as Princess Diana's coffin was borne down the aisle, has stirred as much public interest in England as Elton John's version of "Candle in the Wind." John Tavener said that the hymn was chosen by Abby authorities. Composer Tavener said he was going to write an instrumental "Eternal Memory," dedicated to Diana's memory, to be performed next year.

MORTGAGE WILL BE BURNED on the new addition at Holy Transfiguration Monastery in Ellwood City, PA on Saturday, January 17. A Hierarchial Liturgy will be followed by a luncheon and a lecture. For info call: 412/758-4002.

STRATFORD, CT now has an Orthodox Bookstore at 2083 Main St. It carries gift items, ikons, greeting cards, etc. For hours and info call: 203/380-5243.

ORTHODOX CHRISTIAN DENTAL OUTREACH program last year served in Mexico. Three dentists and 2 assistants provided dental care to children in several orphanages in the Tijuana/Rosarita area. Dentists, hygienists, students or assistants are needed for 1998. Call 502/245-7425, The Orthodox Christian Dental Outreach, 11612 Kings Lane, Louisville, KY 40243 or the Orthodox Mission Center, PO Box 4319, St. Augustine, FL 32085.

THE 2ND ANNUAL YOUNG ADULT WINTER SPORT WEEKEND will be held at the Chateau at Camelback in the Pocono area of Eastern Pennsylvania on February 6-8. For info. contact Allison Steffaro at 908/698-1952.

ORTHODOX HOME-SCHOOLING is rapidly growing. For info call Faith Willard at 412/243-0329.

EAGLE RIVER INSTITUTE will hold its 4th year of adult education in August. Located in south central Alaska, many people combine the institute offering with a pilgrimage to Kodiak and Spruce Island to honor St. Herman. For the next institute, which will be devoted to Corporate and Personal Spiritual Life, write for info: St. John's Orthodox Cathedral, PO Box 1108, Eagle River, AK 99577.

DEPRESSION among older people is a problem. For information and a single copy of 2 pamphlets dealing with this, write on a postcard to AARP Fulfillment, EE 01180, 601 E Street, NW, Washington, DC 20049. Ask for "If You're Over 65 and Feeling Depressed" (No. DI 14862) and/or "Suicide of Older Men and Women" (No. Di 15099). Also available from the US Dept. of Health and Human Services is "Depression is a Treatable Illness." Call 1-800-222-2225.

IN JUNE 1993 at a meeting in Balamand, Lebanon, 9 Orthodox Churches and the Vatican met to discuss tensions brought about by political changes in post-communist Eastern Europe. An agreement "Uniatism," a Method of Union in the Past and Present Search for Full Communion" was crafted. A report was presented to the Russian Orthodox Church's governing synod in Moscow in July. It stated that further work was needed to clarify clauses in the Balamand text, including the term 'sister churches,' which had been motivated by emotions rather than by dogmatic considerations. The commission proposed a pan-Orthodox discussion as a first step to possible ratification by local churches.

SEVERAL SAINTS WERE RECENTLY RECOGNIZED (Canonized). Among them are the parents of St. Nino, recognized by the Orthodox Church of Georgia and three Soviet-era martyrs: Metropolitan Peter Polyansky, Metropolitan Seraphim Chichagov and Archpriest Thaddeus Uspensky, recognized by the Russian Orthodox Church.

THE ORTHODOX CHRISTIAN MISSION CENTER (OCMC) has been an inter-Orthodox mission agency. At a recent meeting, the wishes of Archbishop Spyridon of the Greek Archdiocese were made known. He wishes the agency to revert to an agency of his Archdiocese. The OCMC is headquartered in St. Augustine, FL.

COMMENTARIES ON THE BIBLE are rare in the Orthodox world. Now being made available are commentaries on three gospels with the fourth to be ready very soon. Vol. 1: St. Matthew; Vol. 2: St. Mark; and Vol. 3: St. Luke are available for $22 hardcover or $14, $12, $16 softcover from Orthodox Publication Center, Box 588, Wayne, NJ 07470-0588. Postage $5 minimum. Call 201/694-5782 for more info. or to order.

THE ONLY NATIONAL NETWORK that provides huge quality Russian language TV and radio programming is expanding. For info on subscription and programs, call 1/800/742-9662, Ext. 181. Ethnic-American Broadcasting Co.

OVER 100 CHILDREN FROM AGE SEVERAL MONTHS TO SEVEN YEARS are ready for adoption from Guatemala. The Orthodox Christian Adoption Referral Service, based in Syosset, NY, made the announcement recently. For info contact St. Anne Adoption Center, 122 Downie St., Stratford, On, Canada N5A 1X1 or call 519/273-7121.

•Spit On Him

be asked whether he renounces Satan, and all his Angels, and all his works, and all his service, and all his pride. To confirm this and to show contempt for the devil the one being baptized or his sponsor is asked to spit on him (the devil).

The Baptism service contains prayers which are much longer than we have noted here. Ask your priest to loan you a book so that you could study the service. You'll find it very interesting.

•Winter's Grace

have as much right to their opinions as I do mine. I must be thankful for the mind and body You have given to me and realize there is a purpose for every person being different. Let me realize that You are with me to guide and comfort me. Let me open my heart and let Your love flow in. Let me accept the peace that You can bring; and help me to understand that You have a purpose and plan in everything that happens. Amen."

•Make Choices 1998

be the most important to you a thousand years from now. Read Matthew 6:33: "But seek first the kingdom of God and His righteousness, and all these things shall be added to you." Follow this plan in making your resolutions and you will never regret the choices you make.

APPROVED NAME

Why do we have to give a Christian name to those who are to be baptized? Is it acceptable to use the baptismal name only at the time of Holy Communion and another name for "daily" use?

A Christian name serves not only to distinguish one person from another, but also establishes an important bond with the saint of that name and places a definite obligation upon them. From the moment a baptized person is given his Christian name, the saint whose name he has been given becomes his personal guide and mentor on the path to heaven. The Christian is thus entrusted to this saint for instruction, for preparation for the life to come. The same way a father entrusts his children to a good and experienced teacher, in like manner our Heavenly Father delivers the Christian to the care and guidance of his patron saint.

In one's patron saint, the Christian has his dearest and best teacher, comforter, guardian and intercessor at the throne of God. The spiritual joy a Christian experiences is at the same time the joy of his heavenly protector; his sorrow is also his saint's sorrow. With whom can we share our joy, to whom can we relate our sorrow, from whom can we ask help, if not from the saint who lives our life with us, who rejoices in our joy, who is saddened by our grief?

SPIRITUAL SCHIZOPHRENIA

Most of us are acquainted, in theory at least, with the psychological disorder known as schizophrenia. The word "schizophrenia" means "split mind" or split personality, and it describes a condition in which a person's thinking and feeling are divided from each other. The schizophrenic person, for example, may laugh while speaking of a tragically sad situation; or he may respond to a highly emotional situation in a manner that is completely apathetic. The problem of the schizophrenic person is that his thoughts and feelings are divided and unrelated.

Now this is a serious psychological problem. But did you know that there is such a thing as "spiritual schizophrenia" and that it is as damaging to spiritual health as the psychological version is to mental health? Just as a healthy personality is one in which thinking and feeling are held together in proper balance, so the health of the spirit involves a balanced relationship between belief and action, doctrine and deeds, faith and works. The healthy Christian is one in whom these two dimensions combine in harmony and unity. The problem, however, is that we often separate them. Belief and behavior are isolated from each other and the result is that we live without the spiritual wholeness and power that God intends for us.

The disease of spiritual schizophrenia has not gone unnoticed in the Bible. It's pathology is dealt with by the spiritual physician known to us as James. We read from his letters this month. In the second chapter and twenty-sixth verse we find the following: "For as the body without the spirit is dead, so faith without works is dead also."

The secret of spiritual life, James declares, resides in an active and balanced relationship between these two components: Faith and works. It's not a matter of either/or he says, but of both/and. Just as the body and spirit are necessary to each other. They cannot be isolated in separate compartments. Just as the body dies and decays without the presence of the spirit within it, so does faith die and decay apart from the presence of works. James doesn't allow us to play one side against the other – faith and works are two sides of the same coin. They are companion components in the authentically Christian life.

One of the great 16th century reformers wanted to remove this book from the Bible. Many of us today ignore James' message as though he HAD BEEN deleted from Scripture. He stands in good company; we cannot ignore him. Jesus says in Matthew 7: "Not everyone that says unto Me, Lord, Lord shall enter the kingdom of heaven; but he that DOETH the will of My Father which is in heaven."

The only way that our belief is confirmed and expressed with integrity is by what we do. This is the message of James. Let us be done with "spiritual schizophrenia," and set ourselves to the work of DOING the will of God.

BEFORE FALLING ASLEEP

1. Give thanks to Almighty God for granting you His grace, His gifts of life and health during the past day.
2. Examine your conscience by going through each hour of the day, beginning from the time you rose from your bed, and recall to memory: where you went, how you acted and reacted towards all persons and other creatures you encountered and what you talked about. Recall and consider with care your thoughts, words and deeds from morning until evening.
3. If you have done any good, do not take credit for it personally but ascribe it to God who gives you all the good things. Thank Him. Pray that He may strengthen you in this good and enable you to do other good deeds.
4. But if you have done anything evil, admit that this comes from yourself and your own weakness, from bad habits, or weak will. Repent and pray to the Lover of mankind (God) that He may forgive you, and promise Him firmly never to repeat the evil.
5. Implore your Creator with tears to grant you a quiet, undisturbed, pure and sinless night, and to enable you on the coming day to devote yourself wholly to the glory of His holy Name.
6. PRAY: Into Thy hands, O Lord Jesus Christ, my God, I surrender my spirit and body; bless me, save me, and grant me eternal life. Amen.

WEEKLY MEDITATIONS

January 4 - 29th Sunday after Pentecost. O Master and Lord, Jesus Christ, You taught us the parable of the ten lepers who sought mercy and healing. In kindness and with love, You cured them of their infirmities. Though we sometimes act like the nine lepers who walked away without showing gratitude, show us instead how to be like the one leper who offered You thanksgiving. Also have mercy on us, O Lord, because we have placed our hope and trust in You. Open our lips, so that we may sing Your praise, glorify You and give thanksgiving all the days of our lives. O Christ, our Master and Benefactor, hear the voices of those who praise You with grateful hearts, and have mercy on us.

January 11 - 30th Sunday after Pentecost. O All-knowing Master, Jesus Christ, You know our innermost thoughts. Enlighten us with Your commandments. Let Your Word dwell in us abundantly. Help us to follow You faithfully, even though we may not fully understand the purpose of every event in our lives. Teach us patience and charity and may we bear one another's burdens in humility of heart. Though following You may seem foolish and impossible, may our union of love for each other be a shining beacon for the world to see You, our true and only God. O Lord, listen to our prayers and have mercy on us.

January 18 - 31st Sunday after Pentecost. O Jesus, Son of God, You came into the world to save sinners and to bring everlasting life to Your children. We come to You blind in our spiritual eyes and long to see Your Face. Help us to put into practice Your Gospel teachings. Enlighten our steps as we travel along the road of life. Command any evil thing that hinders us from You to depart and never dwell in us again. O King of the ages, we glorify You, hear our petitions offered to You with love. Have mercy on us.

January 25 - 32nd Sunday after Pentecost. O Jesus only born Son of God the Father after Your Baptism in the Jordan You began Your earthly ministry preaching repentance to those who sat in darkness. You are the true Light who enlightens everyone who comes into the world. Fill our lives with the joy of Your salvation as John the Baptist prepared the way for Your Second and glorious Coming. In so doing may we decrease so that You may increase and be manifested to all people. As we build up Your body – the Church – preserve us in the unity of the faith and the communion of the Holy Spirit. May we continue to grow in the grace given to each of us at Holy Baptism. We recommit our entire lives to You, O Lord and Master. Help us to reach our full stature in You, O Saviour. Hear Your servants praying to You on this day and have mercy on us.

Raymond Mastroberte
Iconographer and Cantor

ORTHODOX CASSETTE PROJECT

Cassettes with the Sunday Gospel readings, meditations, and Slavonic Church choral music are available for $5. A complete set of 26 cassettes can be had for $130.

We offer the last three cassettes in the series:

No. 24 – Choirs from England, Germany, and Serbia. Psalm 104 (Lvovsky), Dostoino Yest (Chesnakov), Let Thy Servant (sung by Gedda), Our Father (Dubinsky), Tebe Poeem (Lomakin), Mother of God (Kastorski) and many more.

No. 25 – Compositions by Rachmaninoff: Great Litany, Bless the Lord, Glory to the Father, and much more.

No. 26 – Tillbury Byzantine Choir, Warsaw Opera Choir and Bulgarian Opera Choir. Compositions by Kedrov plus First and Second Antiphons, Cherubim Song, Our Father, plus more.

From a letter: The cassettes I ordered brought tears to my eyes. Thank you for taking the trouble to make these available at such a reasonable price.

CHUCKLE

January 2 is when many people decide it is easier to break a resolution than a habit.

* * * * * *

Men do not reject the Bible because it contradicts itself, but because it contradicts them.

MISSION FUND

We send copies of The Orthodox Herald to areas other than Alaska to inform about the Orthodox Church. Helping are: John Russian, Anne Worobey, Olga Piecewicz, Mary Klym, Robert Kulenic, Mr. and Mrs. George Chobany, Eva Tihanick, Ann Tysko, Ethel Watlock. Margaret Pysarchyk in memory of her mother, Kathryne.

Dabs of Thoughts

St. Ignatius said: "It is not enough that I should serve God by myself: I must help the hearts of all to love Him and the tongues of all to praise Him."

You often find big apples on top of the basket, but you must remember the little ones that are holding them up.

The celebration of Epiphany (Theophany, Jordan) on January 6/19 commemorates the baptism of Our Lord and the manifestation (revealing) of the Holy Trinity.

How beautiful a day can be when kindness touches it!

If it had not been for mission work, somewhere, sometime ago, where and what would you be today?

The faith to move mountains is the reward of those who have moved little hills.

Life's Book

Life is a book in volumes three, the past, the present, and yet to be.
The past is finished, and laid away,
The present we are living from day to day.
The third and last of volume three, is locked from sight, and God has the only key.

I have been benefited by praying for others; for by making an errand to God and the Saints for them I have gotten something for myself.

It is easy to expect too much from a person. We can easily overestimate someone's abilities or interests and expect them to do things they just cannot do. But a worst tragedy is to not challenge a person to do even more than what is expected of him.

Springs are little things, but they are sources of large streams; nails and pegs are little things, but they hold buildings together; a word, a look or a frown are little things, but powerful for good or evil.

So many are lost because in youth they are "too young"; in manhood, "too busy"; in maturity, "too worried"; in old age, "too old"; in sickness, "too ill"; and at death, "too late."



EDITORS' NOTES

It never fails to astonish one how many parents "shelter" their children FROM the church. They bring the children to religious classes or church services sporadically and late when they do come. And they are never brought for services like the blessing of water, fruit or candles. They are seldom seen at Holy Friday services but will make an appearance for the Easter Egg Hunt. The parents are failing the children. They keep them away from so much.

I remember the Holy Day Eve of Epiphany as one of extreme cold. We went to the church service in the evening as both parents were employed. We carried a bottle to the church in a brown paper bag. (There was no plastic in those days, and those who are my age know what kind of bottle was favored.) Once in church, we stood in our place (no pews), putting our weight on one foot then another. The church was heated with a coal furnace, and there were two openings for the heat to come up. Even though the furnace was burning at its best, the heat did not reach the congregation. Since the heat openings were near the galvanized tubs, which were filled with water, ready for blessing, it kept this from freezing. We didn't know what the whole service was about, but we looked forward to drinking the Holy Water, which gave us a special feeling of peace and calm. After our bottles were filled, we tried to run home, because it was so cold; but our frozen feet just wouldn't function. Once home, we moved our galoshes, unsnapping the metal hooks, and put on a warm pair of socks and stuck our feet into the oven or stood on the furnace register until we thawed out. Were our parents neglectful for not "sheltering" us from the long service held in that cold church?

Needless to say, the blessing of the house also made an impression on me. Perhaps, this is the reason why people not having their houses blessed seems so strange. How can anyone refuse a blessing, especially with the Epiphany water? The blessing and drinking and sprinkling of this water is not a pagan or useless rite. It arises from the depth of the biblical and churchly faith and the experience of the people of God as the expression of its most central doctrine. It proclaims and it celebrates the deepest conviction and vision of the Christian Faith that man and his world have the vocation and destiny "to be filled with all the fullness and glory of God."

S novim rokom –
The Stroyens

ETHNIC CHUCKLE

Dorohaya Tyotya Marea,

Yak tam kolo vas. Toot yah mala takee experience!

About one week ago, yah peeshla shopping doh supermarket. Yah walking down aisle kolee me rubber elastic peeshol, POP eh me skirt began to padah. Yah tak skoro squat so that skirt neh pal na floorh. Yah unbutton me coat, grabuyuh me skirt, try to bunch it up. Neh mohla, so yah decided yah holding it with one ruku. Yah button usi gombitchkee lem one ee yah tremam me skirt with hand in coat.

Yah mala takee trouble zhe yah dumam zhe yah better not finish tot shopping. Yah peshla doh checkout counter. Yah tremala me skirt with one rucku ee plateela bill with druhu.

Yak yan peeshla na vonka, cheloveek preshol doh menhe e kashe: "Mam, I'd like to see you in my office." Yah yemyu kazu: "I don't want to go anywhere with you mister." Ohn me povel:" I bet you don't."

Ohn bral me cart ee pushyuyeh back doh storu. Yah krechyu: "Shtop." No one listened. Yah neh mala much choice. Yah followed him, yestyeh tremam me skirt. Me preshle doh yeho office. Ohn kashyeh me: "Lady, I saw you putting something under your coat while you were in Aisle 3." Yak kazhu: "How, yah didn't see anyone." Ohn povee: "Look over there lady, we have closed circuit TV in this store." Yah getting taka nervous. Yah kretchyu; "No, no, I didn't take anything, mister." A ohn said: "Look, lady, you sure are a cool one. You're holding the evidence right under your coat, right now." Yah neh snam shto doing. Then ohn graboval me hand. Me skirt pall nah floor. Yah bulla taka barz embarrassed. A ohn bull takee chervenee! Anyhow, shitko turned out OK. Yah dostala malee due slip ot storu.

Budte zdrovee
Nearly jailbird
do Lockopu
Hanya

THE BABAS TAUGHT ME

Remember to bring a clean bottle for Holy Water when you go to church for the eve of Epiphany on January 5/18. Be careful not to spill the water on the floor; take your time going to the font, there will be plenty of freshly blessed water for everyone. If for some reason you cannot get to the church until several weeks later, don't go without drinking some blessed water. Ask a church trustee and he will get some from a supply, which is kept for use throughout the year.

Don't just put the bottle away after you use some for your house blessing, give a sip to someone who is not feeling well, who is leaving home for a trip or away to school, who is upset and under stress, etc. The Blessed Water strengthens the powers of our soul if it is done with prayer and reverence.

A miracle happens at the blessing of the water on Epiphany. The Holy Spirit comes down on the water and changes its natural properties. It becomes incorrupt, that is, it does not spoil. It remains transparent and fresh for many years. Look and taste some of the water from years past. Treat the water with respect.

PRESS FUND

Thank you for helping us to keep publishing. Like everything else, our costs are creeping up and you help us to meet these. Spasebo/Thank You. Ethel Watlock, Mary Ann Carmack, Ann Tysko, Catherine Shaffchick, John Russian, Mary Mezick, Anne Polehinke, Allen Lucas, William Soltis, Edward Rhenish, Tamara Petronka, Dcn. Alexis Bona, Helen Cudlic, Evelyn Callas, Boris and Lily Gontcharenko, Ann Dorozynski, Mary Arndt, Betty Vincent, Theodore Cramer, John Homa, Adzmia, Anna Worobey, Marian Glovinsky, Mary Adam, Titania Dixon, Olga Piecewicz, Mary Klym, Mary Kochmaruk, Michael Peterson, Frank and Michele Guydan, Robert Kulenic, Mr. and Mrs. George Chobany, Irene Allen, Vera Kolos, Nicki Nielsen, Helen Shalikow, Olga Peck.

Evelyn Bekish in memory of her husband Harry. Demetra Leftheris in memory of her husband, Fr. Constantine, who died Dec. 24, 1993. Lois Ortega in memory of friend, Ann Youmans. Helen Cudlic in memory of brother, Andrew. Mary Kovolyou in memory of Ann Dubinsky. Anastasia Zahirsky in memory of Ann and Andy Dubinsky. Peter and Georgette Sarosi in memory of Fr. Dimitri Voytilla. In memory of Gerty and Albert Rybnicky. Anonymous for health of Fr. Basil and Matushka Nina Stroyen. Doris Rusinko for Christmas gift and prayers for health. For good wishes on their 50th wedding anniversaries to Mr. and Mrs. Alexis Penkoff and Mr. and Mrs. George Walko.



Ivan lives alone now that his wife has died. He likes to make soup, as it lasts for several days. He has "perfected" this recipe for an unusual borsch. It's easy to make and uses ingredients most people have in their cupboard.

IVAN'S BORSCH

5 cups water
1 envelope (2 in pkg.) onion soup
1/4 cup milk
3 Tbls. fresh bread crumbs (1 slice)
1/2 teas. salt
dash pepper
1/4 lb. ground beef
1 cup shredded cabbage
1 medium sized potato, pared and diced
1 can (8 oz.) julienne beets
sour cream
fresh dill or parsley (optional)

Heat 4 cups of the water to boiling in a large heavy pan. Stir in onion soup mix. Reduce heat. Cover. Simmer 10 min. Combine milk, bread crumbs, salt, pepper and ground beef. Mix well. Shape into tiny meatballs, using a rounded half teaspoon. Heat remaining 1 cup water to simmering. Add meatballs, a few at a time, without overcrowding. Cover. Simmer 5 minutes. Remove meatballs from broth with slotted spoon. Pour broth into onion soup. Add cabbage and potato. Cover. Simmer 10 min. Add beets with liquid and meatballs. Cover. Simmer 1 min. Ladle into soup bowls; top with a dollop of sour cream.

Variations: Add a bit of ketchup or other tomato product. 2. Decorate sour cream with fresh dill sprig or chopped parsley. 3. Add a clove of garlic. 4. Use kolbasi instead of meatballs.

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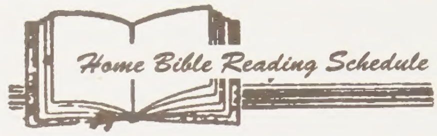
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JANUARY 1998

1. Luke 21:28-33
2. Luke 21:37-22:8
3. Luke 13:18-29
4. **Matt 1:1-25**
5. Mark 8:11-21
6. Luke 2:1-20
7. Matt 2:1-12
8. Matt 2:13-23
9. Matt 21:33-42
10. Luke 14:1-11
11. **Matt 2:13-23**
12. Mark 9:42-10:1
13. Mark 10:2-12
14. Luke 2:20-21, 40-52
15. Mark 10:17-27
16. Mark 10:23-32
17. Luke 16:10-15
18. **Luke 3:1-18**
19. Matt 3:13-17
20. John 1:29-34
21. Mark 11:23-26
22. Mark 11:27-33
23. Mark 12:1-12
24. Matt 4:1-11
25. **Matt 4:12-17**
26. Mark 12:13-17
27. Mark 13:31-14:2
28. Mark 12:38-44
29. Mark 12:28-37
30. Luke 6:17-23
31. Matt 5:14-19

HOME BIBLE STUDY

The Feast of Theophany, the Baptism of Christ continues the theme begun by the Feast of the Nativity. He was born in Bethlehem and placed in a manger **for us**, to share our lives so that we could share **His** life in the Holy Trinity. His coming made this a part of human reality **forever!**

In the river Jordan, He who was always God most holy and also became perfectly human, again identifies with us sinful folk in the most intimate and striking way imaginable. Being holy and sinless, He is baptized by John as though He were sinful and needed to repent! He did it, again, **for us,** to show us that God is with us and that, in union with Jesus, we are accepted as His beloved children.

As we receive the Blessed Water let us no longer be despairing because of the many problems and challenges in our lives. Instead, let's believe in the powerful and wise love of our Eternal Heavenly Father – His love which always surrounds us and guides us ever on to a bright and joyous destiny!

For Jesus was baptized for us. As He entered the waters of the Jordan He purified and sanctified all the earth and all the universe. He made the world a place of peace and happiness for us. Let us discover this joyous reality by living with faith and courage.

May Jesus enter our hearts at the same time as the Holy Water enters our bodies. May He do His mystical and solemn work within us. He changes us **within** so that we can be living signs of God's love for us, for all humanity, for all the earth and for all the cosmos!

Fr. Ihor George Kutash, Ph.D.

OBSERVATION ON CARPATHIAN HERITAGE TOUR

We have been fortunate on each of our trips to the Carpathians to attend a wedding in a church. The wedding service is familiar as are the responses sung by the cantor.

What is different is the dress of the wedding party. The bride wears an elaborate, white gown, while the groom is in a business suit. The bridesmaids wear their Sunday best – no gowns nor special dresses. The groomsmen all wear a suit jacket, no tuxes. The mother of the bride is also in her Sunday best – no special mother-of-the-bride dress or gown. The bride is the only one that carries a small bouquet of flowers. There are no flowers decorating the church. The cars, however, are decorated and usually have the double rings perched on the roof of the wedding car.

In some cases, the best man and maid of honor had a sash draped over their shoulder, crossed over the chest, and fastened at the opposite waistline. This sash is a "ruchnik." It is a long, narrow piece of material which is beautifully embroidered, usually by the bride as part of her hope chest. Some weddings only the best man wore the sash.

Before the wedding service in the church, the couple must register at the town hall. This has facilities for a wedding service if a couple decides not to have a church service.

Because church weddings were frowned on for so many years, many couples are legally, but not sacramentally, married. Some now wish to ask God's blessings upon them and they have a church service. We attended one of these. Everyone wore regular street clothes and only the sponsors were present.

If we had time to stay until the end of the service, most members of our group gifted the couple and wished them well.

ALASKA FUND

Several parishes in Alaska have assumed the responsibility for the Packet Plan; however, there are many churches and chapels which cannot do this. We send them copies with your help: John Russian, Ethel Watlock, Olga Piecewicz, Anna Polehinke, Mary Klym, Robert Kulenic, Mr. and Mrs. George Chobany, Eleanor Green, Eva Tihanick, Ann Tysko, Bishop Roman, Anne Worobey. Margaret Pysarchyk in memory of her father, John. Alexios Fedec in memory of his great-aunt and uncle - The Antonios.